



WHATSheATE



Ham and Cheese Pinwheels

READY IN



35 min.

SERVINGS



12

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound deli ham sliced
- ☐ 1 large eggs
- ☐ 1 tablespoon garlic crushed
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 3 tablespoons olive oil
- ☐ 13.8 ounce pizza dough refrigerated recommended: Pillsbury
- ☐ 1.5 cups mozzarella cheese shredded divided

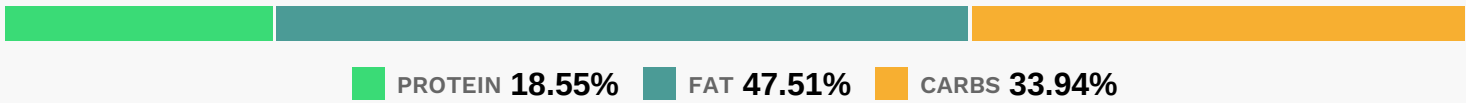
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a small bowl, whisk together the olive oil, garlic, and Italian seasoning.
- ☐ Roll out the pizza dough onto a cutting board.
- ☐ Brush the entire surface with the seasoned olive oil. Top with 1 cup of shredded cheese, an even layer of ham, and then the remaining 1/2 cup cheese
- ☐ Starting from the bottom edge, tightly roll up the dough to form a log. Using a sharp serrated knife, slice the roll in half and then each half into 6 pieces.
- ☐ Place the rolls on their side on a nonstick or lightly oiled baking sheet.
- ☐ In a small bowl, whisk together the egg with 2 tablespoons water.
- ☐ Brush the tops and sides of the rolls with egg wash.
- ☐ Bake until golden brown, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.7978261009507%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.59kcal (9.58%), Fat: 10.17g (15.64%), Saturated Fat: 3.46g (21.66%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 15.69g (5.71%), Sugar: 2.2g (2.45%), Cholesterol: 34.37mg (11.46%), Sodium: 479.23mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Selenium: 6.63µg (9.47%), Phosphorus: 86.29mg (8.63%), Calcium: 80.48mg (8.05%), Vitamin B12: 0.44µg (7.28%), Iron: 1.28mg (7.1%), Vitamin B1: 0.08mg (5.57%), Vitamin B2: 0.09mg (5.24%), Zinc: 0.77mg (5.14%), Vitamin E: 0.68mg (4.54%), Vitamin K: 4.53µg (4.31%), Vitamin B6: 0.07mg (3.59%), Vitamin B3: 0.6mg (3%), Fiber: 0.64g (2.58%), Vitamin A: 122.87IU (2.46%), Manganese: 0.03mg (1.75%), Potassium: 59.33mg (1.7%), Magnesium: 6.76mg (1.69%), Vitamin D: 0.23µg (1.52%), Vitamin B5: 0.15mg (1.48%), Folate: 4.13µg (1.03%)